

Full Report (All Nutrients) 45107247, ZATARAIN'S, CREAMY CAJUN-STYLE PASTA, UPC: 071429013070

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**Report Date: June 09, 2017 11:19 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	1 cup 189g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	261	138
Protein	g	--	--	14.00	7.41
Total lipid (fat)	g	--	--	10.00	5.29
Carbohydrate, by difference	g	--	--	29.99	15.87
Fiber, total dietary	g	--	--	0.9	0.5
Sugars, total	g	--	--	5.99	3.17
<b>Minerals</b>					
Calcium, Ca	mg	--	--	100	53
Iron, Fe	mg	--	--	1.44	0.76
Sodium, Na	mg	--	--	610	323
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	1.1	0.6
Vitamin A, IU	IU	--	--	750	397
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	3.497	1.850
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	36	19

Amino Acids

Other

**Ingredients**  
COOKED ENRICHED MACARONI PRODUCT (WATER, DURUM WHEAT SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, BLACKENED SEASONED GRILLED CHICKEN TENDERS (CHICKEN TENDERS, WATER, BLACKENED SEASONING [SALT, SPICES {INCLUDING RED PEPPER AND PAPRIKA}, SOY PROTEIN ISOLATE, MODIFIED POTATO STARCH, SODIUM PHOSPHATE, CORN STARCH, ONION, CARRAGEENAN, GARLIC, EXTRACTIVES OF OREGANO, SOY LECITHIN]), HALF AND HALF (MILK,CREAM), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BHA & BHT ADDED

TO PROTECT FLAVOR, VITAMIN A PALMITATE AND VITAMIN D3 ADDED), SWEET DAIRY WHEY, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), HEAVY CREAM SAUCE (SHORTENING POWDER [SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO & DIGLYCERIDES], CORN MALTODEXTRIN, SWEET CREAM SOLIDS, SALT, SUGAR, GARLIC POWDER, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, LEMON OIL], NATURAL BUTTER FLAVOR), CHEESE FLAVOR (A DEHYDRATED BLEND OF ROMANO CHEESE [PART-SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], SODIUM PHOSPHATE), GREEN ONION, DRY BUTTERMILK, MODIFIED CORN STARCH, CHEESE FLAVOR (A DEHYDRATED BLEND OF PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, SALT), LOWER SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, MAGNESIUM SALTS), CORN MALTODEXTRIN, CANOLA OIL, PAPRIKA, YEAST EXTRACT, PARSLEY FLAKES, GRANULATED GARLIC, SPICES, XANTHAN GUM, CHILI POWDER (CHILI PEPPERS, SPICES, SALT, GARLIC POWDER), DEXTROSE, GRANULATED ONION, SUGAR. *Date Last Updated by Company:* 05/16/2016